

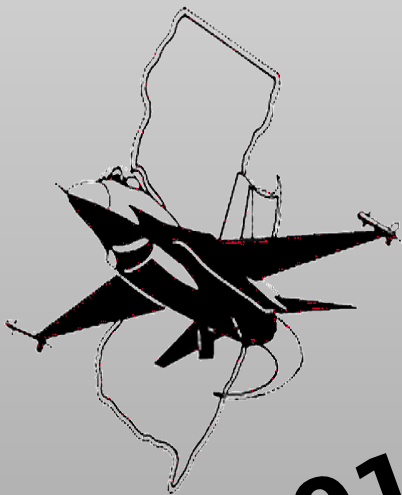


# Summer Safety



177<sup>th</sup> Fighter Wing

Safety Office



Unsafe Acts

101 days of Summer Safety

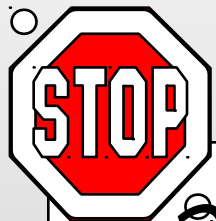


U.S. AIR FORCE



# Summer Safety

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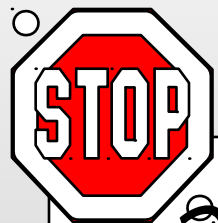
## Unsafe Acts

- Heat Injuries
- POV Safety
- Recreation Safety
  - Sports Safety
  - Water Safety
  - Outdoor Safety

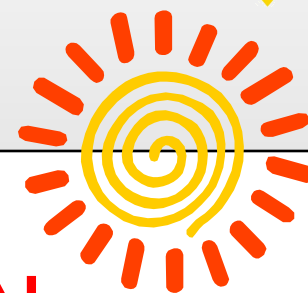


# Summer Safety

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Unsafe Acts

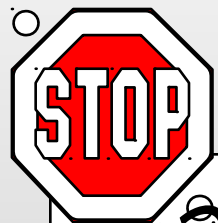


## HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for Heat Injuries increase. Heat Injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.



# Summer Safety



Unsafe Acts



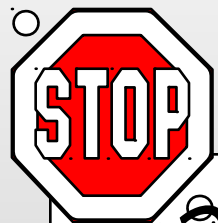
## HEAT INJURY PREVENTION

- Drink Plenty of Water
- Avoid Heavy Meals At Lunch Time
  - Maintain A Well Balanced Diet
  - Wear Light Colored Clothing
- Use Sunscreen, SPF 15 Or Higher

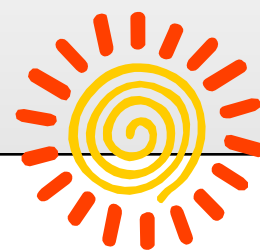


# Summer Safety

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Unsafe Acts



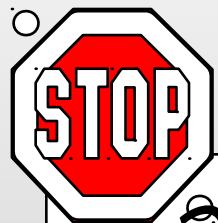
## HEAT INJURY PREVENTION

- Follow Recommended Work / Rest Cycle
  - Keep Areas Well Ventilated
- Schedule Outdoor Activities During Cooler Part Of The Day

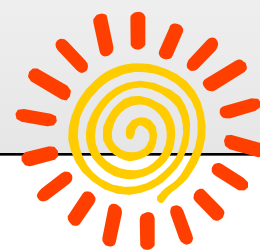


# Summer Safety

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Unsafe Acts



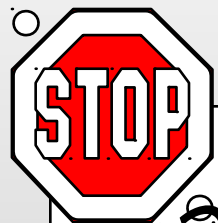
## HEAT INJURY PREVENTION

- Use The Buddy System
- Monitor Those At Risk
- Use Common Sense

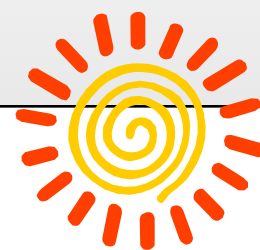


# Summer Safety

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Unsafe Acts



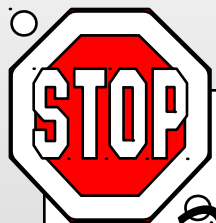
## SUNBURN PREVENTION

- Use Sunscreen - SPF 15 or Higher
- Moderation - Avoid Extended Exposure During Peak Hours (1000-1600)
  - Avoid Repeated Exposure
- Seek Medical Care If Severely Burned



# Summer Safety

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Unsafe Acts



## HEAT RASH

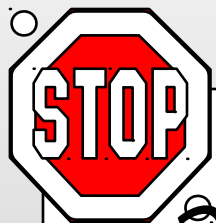
- Skin Irritation Caused By Excessive Sweating In A Hot Humid Environment
- Appears As A Cluster Of Pimples Or Small Blisters





# Summer Safety

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Unsafe Acts



## HEAT RASH

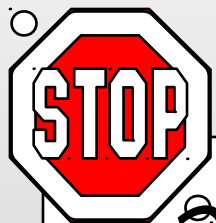
### PREVENTION AND TREATMENT

- Baby Powder With Corn Starch
  - Cool Shower
  - Avoid Lotions And Creams
- Frequent Change Of Clothing



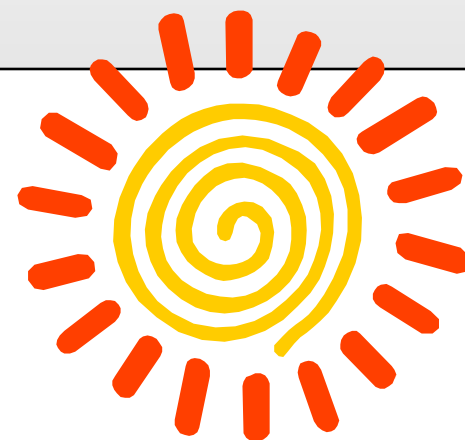
# Summer Safety

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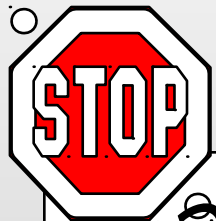
Unsafe Acts

HEAT  
CRAMPS





# Summer Safety



Unsafe Acts



## CAUSE

Excessive Loss Of Salt From The Body

## SYMPTOMS

Painful Cramps Of The Major Muscle Groups  
(Arms, Legs, Or Stomach)

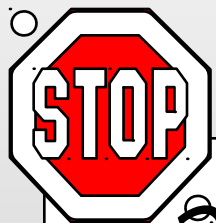
## TREATMENT

Provide Cool Water - Shade - Monitor



# Summer Safety

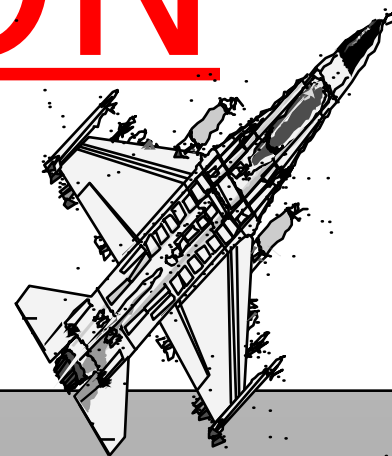
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Unsafe Acts

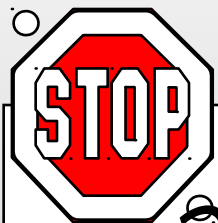


HEAT  
EXHAUSTION

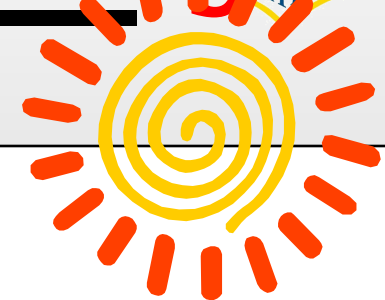




# Summer Safety



Unsafe Acts



## CAUSE

Excessive Loss Of Salt And Water In The Body

## SYMPTOMS

Profuse Sweating - Headache - Paleness - Weakness  
Nausea - Cool Moist Skin - Tingling Sensation In  
Extremities

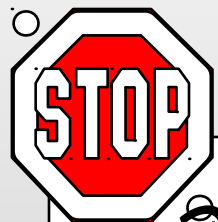
## TREATMENT

Provide Water - Shade - Elevate Feet - Monitor  
Seek Medical Attention Immediately



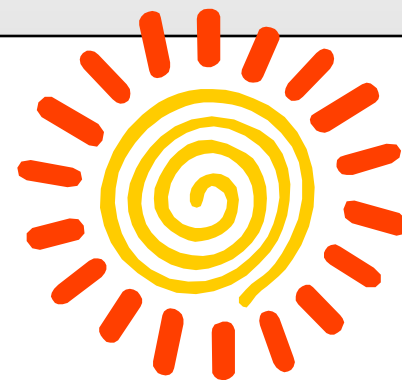
# Summer Safety

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Unsafe Acts

HEAT

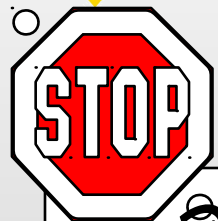


STROKE

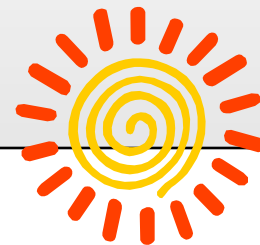
- MEDICAL EMERGENCY -



# Summer Safety



Unsafe Acts



## CAUSE

The Body's Heat Regulatory Mechanism Stops

## SYMPTOMS

Headache - Dizziness - Delirium - Weakness - Nausea  
Red, Hot Skin - Unconsciousness

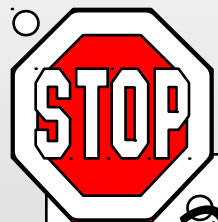
## TREATMENT

**Seek Medical Attention Immediately** - Cool Shaded  
Area - Soak Clothing And Fan - Elevate Feet  
Massage Extremities



# Summer Safety

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Unsafe Acts

## POV Safety

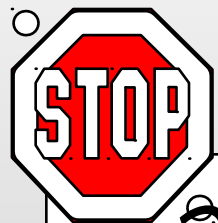






# Summer Safety

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Unsafe Acts

## POV Safety

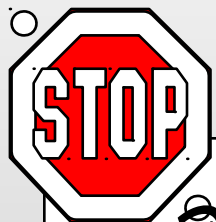
Vehicle Crashes are the

→ **#1** ←

Killer of Airmen

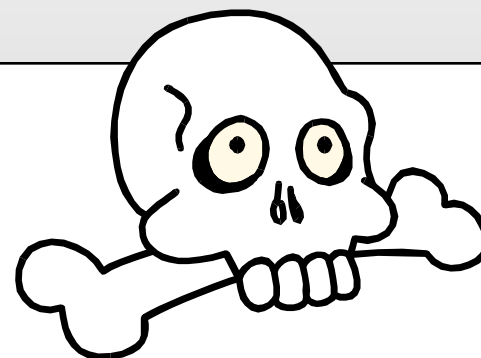


# Summer Safety



Unsafe Acts

## POV Safety



**1 Airmen Dies Every 5.0 Days in a  
POV Crash**

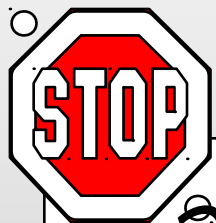
So far, in FY95-99, **32 Airmen** have  
perished in POV Crashes.

As of  
5/31/00



# Summer Safety

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Unsafe Acts

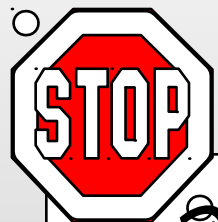
## POV Safety

**What Factors Influence our Risk?**

- Age
- Seat Belts
- Vehicle
- Alcohol
- Fatigue
- Location
- Speed



# Summer Safety



Unsafe Acts

## POV Safety

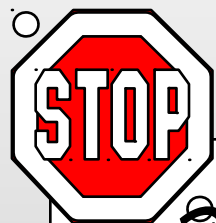
Age



Airmen who are **26 or less** are at the highest risk. In FY 97-99 risk for Airmen who are 26 or less is over **60% greater** than for Airmen over 26.



# Summer Safety



Unsafe Acts

## POV Safety

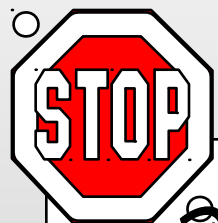
Alcohol



The Intoxicated Driver is **15x** more likely to be involved in a crash and to be fatally injured than a sober driver. During FY 97-99 alcohol was involved in **36%** of the traffic deaths to Airmen.



# Summer Safety



Unsafe Acts

## POV Safety

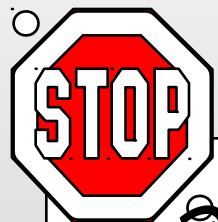
Fatigue



During FY 97-99 fatigue was a factor in **11%** of the traffic deaths to Airmen.



# Summer Safety



Unsafe Acts

## POV Safety

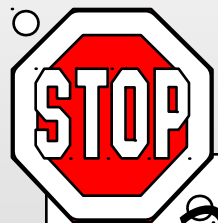
### Speed

The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react and reduces the ability to safely negotiate the road. During FY 97-99 speeding was involved in **29%** of Airmen's traffic deaths. **Speed Kills!**



# Summer Safety

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Unsafe Acts

## POV Safety

1. Don't Drink and Drive
2. Use a Designated Driver
3. Wear Seatbelts
4. Obey the Speed Limit





# Summer Safety

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Unsafe Acts

## POV Safety

5. Don't Drive When You're Tired

6. Take Rest Breaks

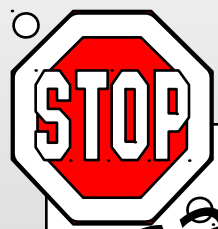
7. Adjust Speed For Conditions

8. Don't Follow Too Close



# Summer Safety

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Unsafe Acts

## POV Safety

**9. Maintain Your Vehicle**

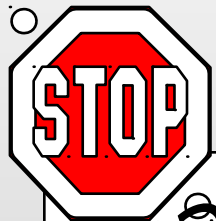
**10. Drive Defensively**

**Arrive Alive**



# Summer Safety

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Unsafe Acts

## Recreational Safety



Taking part in leisure activities  
for fun and health.

Follow these guidelines before  
engaging in outdoor activities..



# Summer Safety



Unsafe Acts

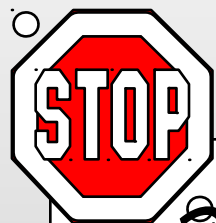
## Recreational Safety



- Get in Shape
- Choose Exercise for Your Age and Conditioning
- Start Slowly



# Summer Safety



Unsafe Acts

## Recreational Safety

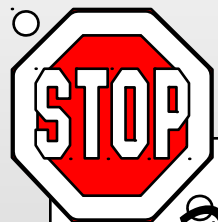


- Start with Warm-Up
- Finish with Cool Down
- Know Your Exercise Limits
- Dress Appropriately



# Summer Safety

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Unsafe Acts



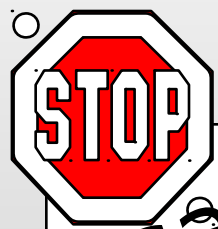
## Sports Injuries

More Airmen are injured playing sports than performing job related activities.

Which sport.....?



# Summer Safety



Unsafe Acts

## Sports Injuries

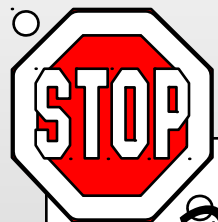


Basketball is the most frequent sports injury producer in the military.



# Summer Safety

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Unsafe Acts

## Sports Injuries

Before taking the court..

- Warm up
- Keep physically fit. Fit Airmen are less prone to accidents

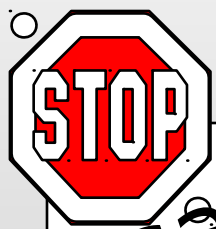






# Summer Safety

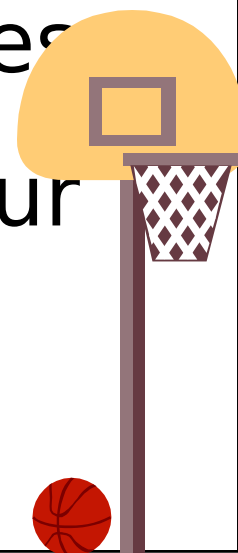
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Unsafe Acts

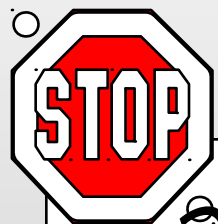
## Sports Injuries

- Wear appropriate shoes and socks
- Wear knee pads to protect knees
- Participate only in games at your skill level
- Observe the rules





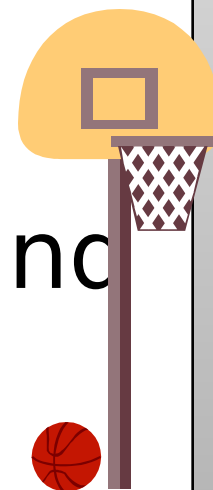
# Summer Safety



Unsafe Acts

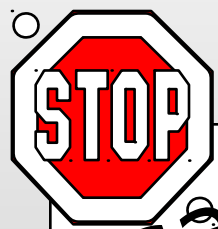
## Sports Injuries

- Ensure playing floor is free of water, dirt, and slick spots
  - Check goal supports and ensure it's properly mounted and not loose.





# Summer Safety



Unsafe Acts

## Bicycle Safety

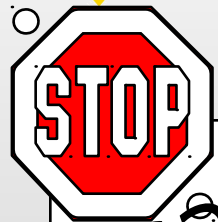


- Bicycle Crashes Result in 800-900 Deaths per Year Nationally
- 90% of Bicycle Related Deaths Involve Collisions with Motor Vehicles



# Summer Safety

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Unsafe Acts

## Bicycle Safety

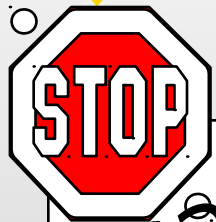
Before you ride.....

- Inspect Your Bicycle
  - Wear a Helmet
- Inflate Tires Properly
- Check Your Brakes





# Summer Safety



Unsafe Acts

## Bicycle Safety

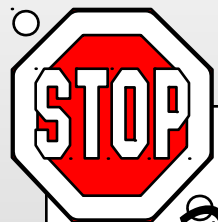


When you ride.....

- See and Be Seen - Wear light colored, reflective clothing
  - Use a Backpack
  - Avoid Riding at Night



# Summer Safety



Unsafe Acts

## Bicycle Safety

When you ride....

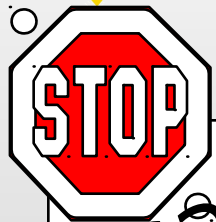


- Ride Single File with Traffic
- Obey Traffic Signs, Signals, and Lanes
  - Use Proper Hand Signals
- Stay Alert for Road Hazards



# Summer Safety

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Unsafe Acts

## Bicycle Safety

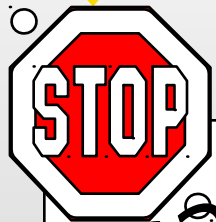
When you ride.....



- Watch for Motorists
- Stay Out of Drivers Blind Spots
- Ride Far Enough From the Curb to Avoid the Unexpected from Parked Cars



# Summer Safety



Unsafe Acts

## Jogging Safety



- Pace Yourself
- Good Running Shoes are Essential
  - Always Jog Against Traffic
- Avoid Running in Heavy Traffic
  - Be Seen While Running
  - Finish with Cool Down
- Headphones are Prohibited



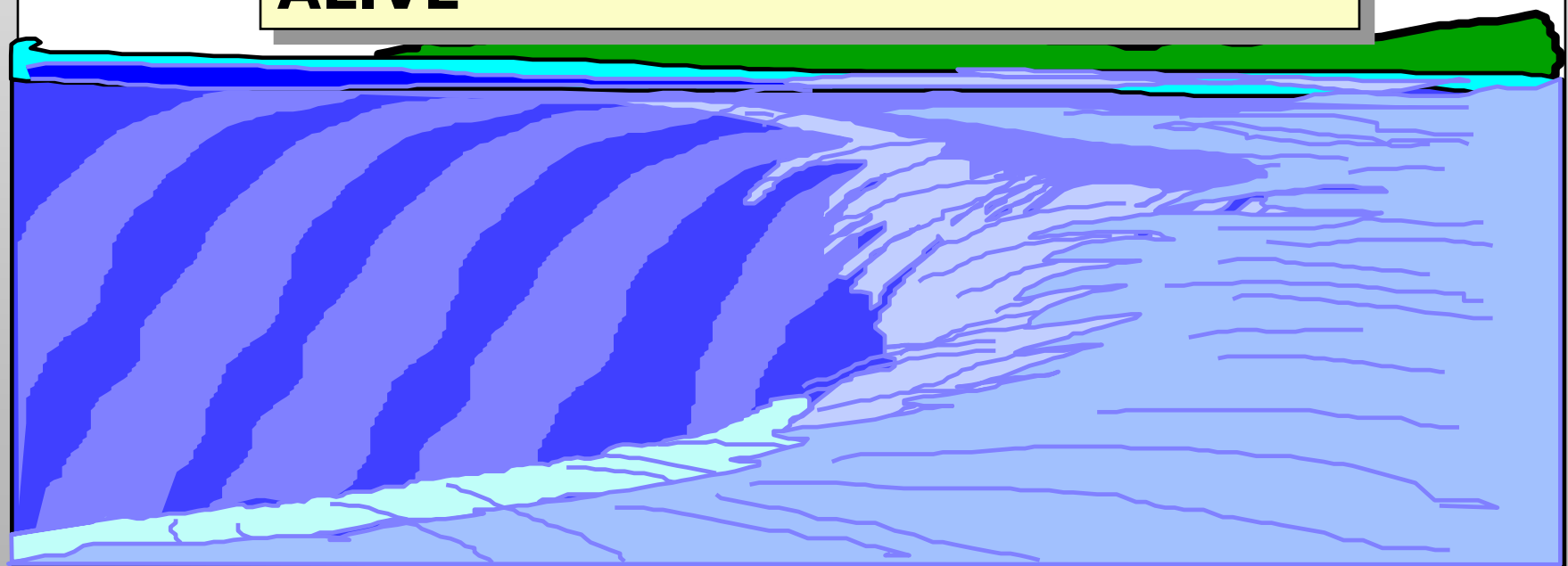


# Summer Safety



Unsafe Acts

**WATER SAFETY**  
**BE WATER WISE AND STAY**  
**ALIVE**





# Summer Safety



Unsafe Acts

## Be Safe around Water **Drownings.....**

- Are the leading recreational killer of military
  - Most often occur during off-duty recreational boating or swimming
  - Frequently related to alcohol use



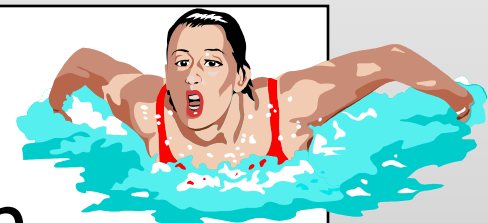
# Summer Safety



Unsafe Acts

## Be Safe around Water

- Learn to swim
- Use the buddy system
  - Know “your” limits
- Swim in supervised areas
- Obey “NO DIVING” signs



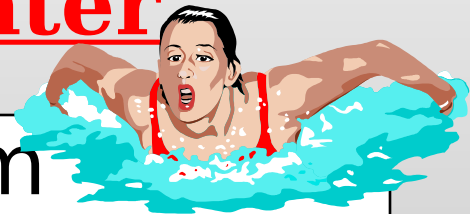


# Summer Safety



Unsafe Acts

## Be Safe around Water



- Don't drink and swim
- Wear PFD's when boating and fishing
- Know the weather conditions
- Use common sense - don't swim

after



# Summer Safety

 Unsafe Acts

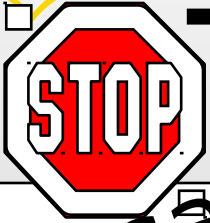
## Watch out for the “Dangerous Too’s

- Too tired
- Too cold
- Too far from safety
  - Too much sun
- Too much strenuous activity

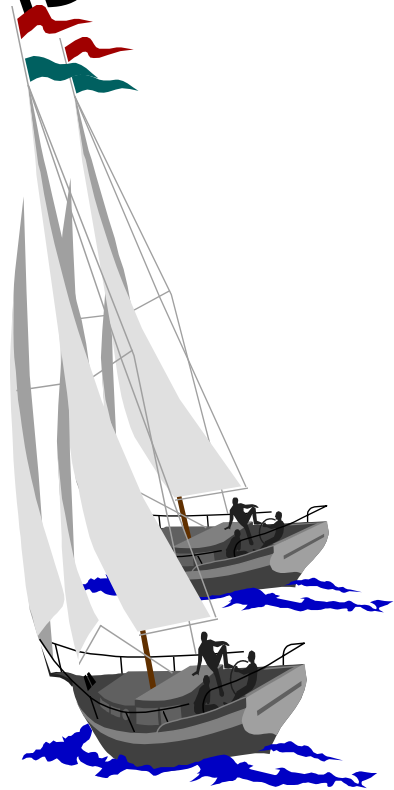




# Summer Safety



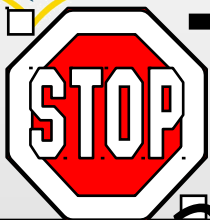
Unsafe Acts



Boating  
Safety



# Summer Safety



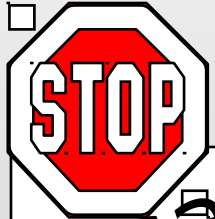
## Unsafe Acts



Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all fatalities are caused by drowning and in nearly all cases personal floatation (PFD's) were **NOT** used.



# Summer Safety



Unsafe Acts

## **BOATING LIMITS**

- Limit Loading Your Boat To Recommended Capacity
- Limit Movement Inside the Boat
- Limit Boating to Safe Weather and Water Conditions





# Summer Safety



Unsafe Acts

## BOATING SAFETY TIPS

- Yield Right Of Way
- Awareness Of Others
  - No Alcohol
  - Safe Speed
- Safe Boating Course
  - Float Plan





# Summer Safety



Unsafe Acts

## BOATING SAFETY TIPS

- Don't Overload
- Don't Loan To Inexperienced Operators
  - Wear Proper Clothing
  - Maintenance





# Summer Safety



Unsafe Acts

## JET SKIS

“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.

What does that mean?

- It means that they are subject to the same rules and regulations as any other power boat.





# Summer Safety



Unsafe Acts

## **WATER SAFETY RISK MANAGEMENT POINTER**

Exhaustion can be brought on by lying in the sun too long, alcohol, swimming too long, or starting out tired. Know Your Limits And Rest



# Summer Safety



Unsafe Acts

## WATER SAFETY RISK MANAGEMENT POINTER

Alcohol and Water  
= Trouble





# Summer Safety



Unsafe Acts

**WATER SAFETY**

**RISK MANAGEMENT**

**POINTER**

Drinking

And

Boating

Don't Mix





# Summer Safety



Unsafe Acts

## **WATER SAFETY RISK MANAGEMENT POINTER**

PERSONAL FLOATION DEVICE

It Won't Work

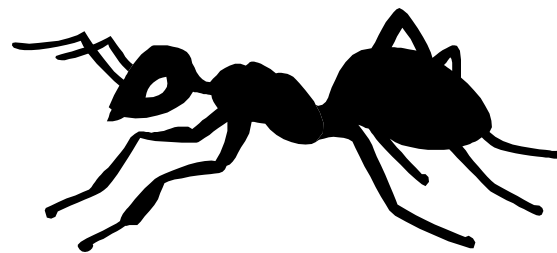
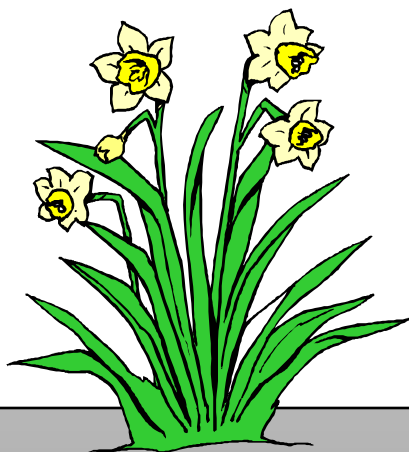
If You Don't Wear It



# Summer Safety

 Unsafe Acts

## Outdoor Safety Critters And Plants







# Summer Safety



Unsafe Acts

## **ANIMALS AND REPTILES**

### HAZARDS:



- Rabies: Avoid wild and domestic animals, including dogs and cats. Foxes are primary carriers of rabies.



# Summer Safety



Unsafe Acts

## ANIMALS AND REPTILES

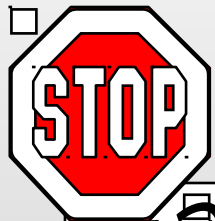


### HAZARDS:

- Rodents can carry a variety of diseases and contaminate food and water. Keep all food and snacks stored in impenetrable containers.



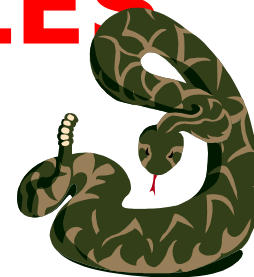
# Summer Safety



Unsafe Acts

## **ANIMALS AND REPTILES**

### **Poisonous snakes**



- Several types of dangerous snakes are found throughout the United States. Treat all snakes as if they are poisonous. Most snake bites result from handling snakes.



# Summer Safety



Unsafe Acts

## **ANIMALS AND REPTILES**

### **Poisonous snakes**



#### **FIRST AID:**

- Remain calm and keep victim quiet
- Do not cut or bite section
- Remove any tight or restrictive clothing or object from affected extremity



# Summer Safety



Unsafe Acts

## ANIMALS AND REPTILES

### Poisonous snakes

#### FIRST AID:

- Place ice over bite area
- Apply constricting bands (loose enough to insert finger between band and skin) place one band above and one below the bite. For hand or foot place above wrist or ankle.





# Summer Safety



Unsafe Acts

## **ANIMALS AND REPTILES**

### **Poisonous snakes**



#### **FIRST AID:**

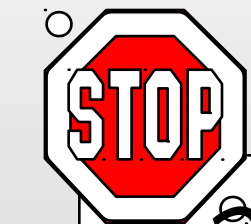
- Immobilize affected part in a position below heart level
- Evacuate immediately
- Identify snake if possible. If not and snake can be killed without endangering anyone, kill it without damaging the head.



# Summer Safety

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Acts



Unsafe

# Bug Bites

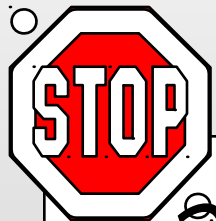
ARTHROPODS (BUGS) ARE RESPONSIBLE FOR  
TRANSMITTING DISEASES, INFLICTING PAINFUL  
BITES OR STINGS, AND BEING A NUISANCE

\* APPLY INSECT REPELLENT \*



# Summer Safety

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Unsafe Acts

**Seek Medical Attention  
If You You Have**

- Unusual Bite
- Tick Bite (Do Not Remove Tick)
- Multiple Bites



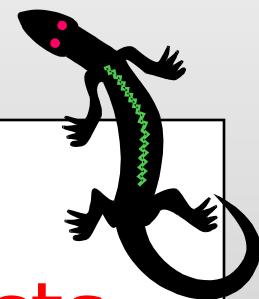


# Summer Safety



 Unsafe Acts

## **INSECTS**



Ticks, spiders, scorpions, and insects

- Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand and that it is complete.

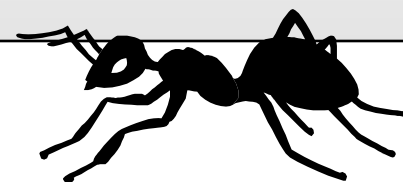


# Summer Safety



Unsafe Acts

## INSECTS

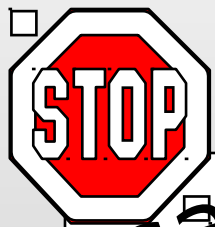


Ticks, spiders, scorpions, and insects

- Use insect repellent (according to directions) and keep trousers tucked into boots.
- Check bedding before use, avoid sleeping or leaving clothes in damp places.



# Summer Safety



Unsafe Acts

## INSECTS



Ticks, spiders, scorpions, and insects

FIRST AID:

- Grasp tick with tweezers as close to the point of attachment as possible, being careful not to squeeze its abdomen, and exert steady, gentle pressure. Take care not to break off and leave mouth parts in the skin. Apply antiseptic to the bite site.



# Summer Safety



Unsafe Acts

## INSECTS



Ticks, spiders, scorpions, and insects

### FIRST AID:

Scorpion stings: Do not perform incision or suction of venom. Immerse sting area in ice or cool water or use an ice pack on it. Evacuate immediately for medical treatment.

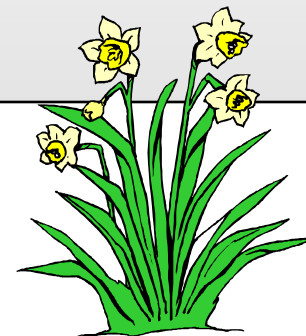


# Summer Safety



Unsafe Acts

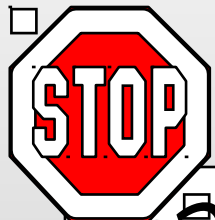
## POISONOUS PLANTS



Several types of plants can cause burning, or blistering if the bare skin comes in contact with them. There are several plants/trees (including their leaves, berries, fruit, and nuts) that can cause illness or even death if eaten.

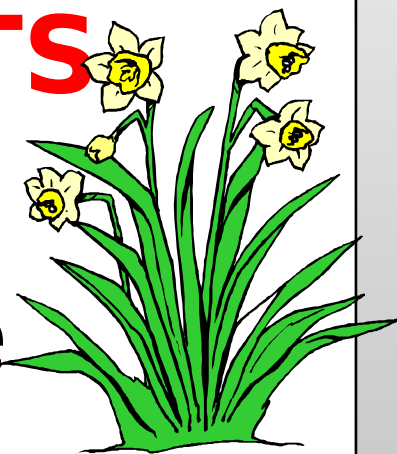


# Summer Safety



Unsafe Acts

## **POISONOUS PLANTS**



Assume all plants are  
poisonous-

Don't eat them or rub them  
on the skin.



# Summer Safety

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**177th Fighter Wing**  
**101 days of Summer Safety**

